

High School, Second Edition, Table of Contents

Lesson 9-1: Introduction to Sexuality

Classroom expectations and group rights and responsibilities are established. After defining sexuality and sexual health, and reviewing core concepts of social and emotional learning, students brainstorm influences on ideas about sexuality, and identify caring adults who can help them access information and clarify personal values. Students then complete an anonymous assessment to get information about the values and beliefs their class holds around sexuality.

Lesson 9-2: Sexual and Reproductive Anatomy

This optional lesson reviews sexual and reproductive anatomy, as well as the process of fertilization.

Lesson 9-3: Gender, Sex and Shared Responsibility

Students differentiate between sex assigned at birth and gender, identify common gender stereotypes, and brainstorm attitudes about gender and sex. They explore expectations around sexual responsibility and suggest ways responsibility can be shared in relationships. For homework, they complete a family activity in which they interview a caring adult about gender, sex and shared responsibility.

Lesson 9-4: Gender and Sexual Identity

In this lesson, students identify how they feel about various aspects of identity, including sex assigned at birth, gender identity and expression, and sexual orientation. They are introduced to different terms along a spectrum of possible identities for each of these aspects, and analyze some scenarios to build empathy around respecting others' gender and sexual identities.

Lesson 9-5: Comprehensive Protection Methods

Students consider how an unplanned pregnancy could affect personal goals. Then they participate in a group carousel activity to review facts about common birth control methods. They review steps for proper external condom use in preparation for the demonstration and practice in the next class.

Lesson 9-6: Preventing STIs

This lesson begins with a review of common STIs and modes of transmission. In pairs of small groups, students then examine arguments for and against condom use, then practice correct condom use by working in pairs to put a condom on a demonstration tool or fingers. An optional activity helps model how alcohol and other drug use can negatively affect condom use skills.

Lesson 9-7: Sexual Risks and Low-Risk Intimacy

Students examine the risks of various sexual behaviors by placing risky behavior cards along a continuum. Then they work with a partner to analyze how the characters in a fictional scenario could express limits and respect each other's boundaries, and then roleplay the discussion the characters might have around making healthy decisions about sexual intimacy.

Lesson 9-8: Negotiating Postponement and Protection

Students brainstorm ways people try to persuade others to engage in sexual activity and discuss reasons people might choose to have or not to have sex. They practice refusal skills in pairs or small groups, by giving advice around how to resist sexual pressures, then review steps for accessing sexual health care.

Lesson 9-9: Social Media Literacy and Sexuality

This lesson helps students consider how social media can affect their communication and relationships. They discuss cyberbullying and examine the different roles teens can play in these situations by analyzing a case study. They consider whether they would consider different information and situations public or private, and then create guidelines teens can follow to help make social media sites safe from bullying and harassment. For additional homework, students write reviews of apps related to sexual health.

Lesson 9-10: Healthy and Unhealthy Relationships

Students brainstorm qualities of healthy and unhealthy relationships, then respond to a series of prompts to clarify their personal values around relationships and then examine what they consider a “deal breaker” in terms of what is acceptable within relationships. They discuss why healthy relationships are important for sexual health, and then identify potential resources for help with unhealthy relationships. For homework, they interview a caring adult about what healthy relationships look like.

Lesson 9-11: Assessing Risk and Accessing Sexual Health Care

Students present their capstone projects on positive sexual health messages and what sexual health means to them. They complete a self-assessment of their level of personal risk and think about three steps they can take to reduce risks and improve their sexual health. The teacher concludes the unit by affirming students’ power to make healthy decisions around sexuality both now and in the future.